

1. Record Nr.	UNINA9910817406903321
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Titolo	How to bounce forward : change the way you deal with adversity // Sam Cawthorn
Pubbl/distr/stampa	Milton, Queensland : , : Wiley, , [2020] ©2020
ISBN	0-7303-8206-0 0-7303-8205-2
Edizione	[2nd edition]
Descrizione fisica	1 online resource (xxxvi, 196 pages)
Collana	Be your best
Disciplina	155.24
Soggetti	Resilience (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	How to transform crisis into success At just 26 years old Sam Cawthorn experienced a serious car accident that resulted in the loss of his arm and was told that he may never walk again. At this critical moment he realised he had an incredible opportunity to create a better life. His experience drove him to uncover the mechanics, tools and strategies to not just bounce back, but to bounce forward and live a greater life with greater focus and greater success. How to Bounce Forward gives you the tools you need to successfully navigate crisis and use it to your advantage.